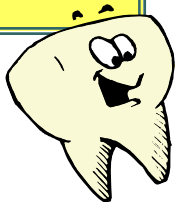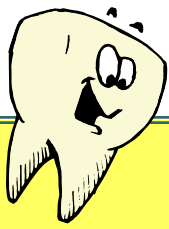# Dental Care for Your Child

Tooth Decay is PREVENTABLE!

Why are baby teeth important?

Baby teeth help your child:

- Speak clearly
- Chew food
- Keep space for adult teeth

Tips for Healthy Teeth

- Wipe your baby's gums and teeth using a soft cloth after feeding.

- If your child prefers a bottle at nap or bedtime, fill it with water only.

- Parents spread tooth decay-causing germs to infants and toddlers. At mealtime, do not share your fork or spoon with your baby. Do not clean a dropped pacifier with your mouth.

- Brush your child's teeth twice a day. Use a "rice-sized" smear of fluoridated toothpaste for an infant and a "pea-sized" amount at age 2.

- You are a role model for your child. Brush & floss your own teeth every day, and have regular dental check-ups.

- Make sure your baby gets the proper amount of fluoride from fluoride drops or drinking water. Ask your doctor or dentist about this. Know your water's fluoride level.

- Limit starchy and sugary snacks, and foods that stick to your teeth.

- Visit an oral health professional with baby by age 1.

For more information about oral health:

http://www.dphhs.mt.gov/PHSD/family-health/oral-health/family-oralHealth-index.shtml

Family and Community Health Bureau Oral Health Program

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